## Claims

## Claimed is:

1. A method for rotating a patient to one side in a bed comprising:

passing an elongated strap around said patient wherein said strap comprises a lower end and an upper end;

attaching said lower end to a bed rail;

grasping said upper end; and

pulling said upper end toward said bed rail whereby said patient rolls towards said bed rail.

- 2. The method for rotating a patient to one side in a bed of claim 1 wherein said lower end comprises an attachment device.
- 3. The method for rotating a patient to one side in a bed of claim 2 wherein said attachment device is a snap.
- 4. The method for rotating a patient to one side in a bed of claim 1 wherein said upper end comprises a handle.
- 5. The method for rotating a patient to one side in a bed of claim 1 wherein said elongated strap further comprises padding.
- 6. The method for rotating a patient to one side in a bed of claim 1 further comprising prior to said pulling:

passing a second elongated strap around said patient wherein said second elongated strap comprises a second lower end and a second upper end;

attaching said second lower end to a bed rail; and

- grasping said second upper end.
- 7. The method for rotating a patient to one side in a bed of claim 6 wherein said second lower end comprises a second attachment device.
- 8. The method for rotating a patient to one side in a bed of claim 7 wherein said second attachment device is a loop and hook device.
- 9. The method for rotating a patient to one side in a bed of claim 6 wherein said second upper end comprises a handle.
- 10. The method for rotating a patient to one side in a bed of claim 6 wherein said elongated strap is at a nipple line and said second elongated strap is at a buttocks of said patient.
- 11. A method for assisting a patient to rise from a sitting position to a standing position comprising the steps of:

an assistor passes an elongated strip around said patient below the arms and above the waist of said patient wherein said elongated strip comprises a first end and a second end; said assistor grasps said first end of said elongated strip with a first hand and said second end of said elongated strip with a second hand such that each said hand is below the arm of said patient;

said patient grasps each arm of said assistor with a hand;

wherein as said assistor rises from a crouch position said patient rises to a standing position.

- 12. The method for assisting a patient to rise from a sitting position to a standing position of claim 11 wherein said first end comprises a handle.
- 13. The method for assisting a patient to rise from a sitting position to a standing position of claim 11 wherein said second end comprises a handle.

- 14. The method for assisting a patient to rise from a sitting position to a standing position of claim 13 wherein said handle is removable.
- 15. The method for assisting a patient to rise from a sitting position to a standing position of claim 14 wherein said strap comprises an attachment device.
- 16. The method for assisting a patient to rise from a sitting position to a standing position of claim 15 wherein said attachment device is a hook and loop device.